



Level 4

Fun at Kids Central 78 Yoga Dragons



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Bobby jogged through the hallway to Kids Central. He was thinking about tonight's basketball practice.

"Walk, please!" a voice called.

"Hi, Ms. Folani," Bobby said. The principal was carrying something. "What's that?"

"It's a surprise," Ms. Folani said as they entered the gym. "Miss Shelly invited



me to join you at Kids Central. I'm going to share something I really love." She pulled out her yoga mat. "Yoga!"

"My mom and dad do yoga." Ethan closed his eyes and touched his thumb and index fingers together. "Om," he chanted.

"Yoga?" Bobby groaned. "That sounds boring."



“Yeah.” Jason nodded. “I wanted to cook something today.”

Miss Shelly frowned at the boys. “I’m sure we’re going to have a great time. Please grab a mat, everybody.”

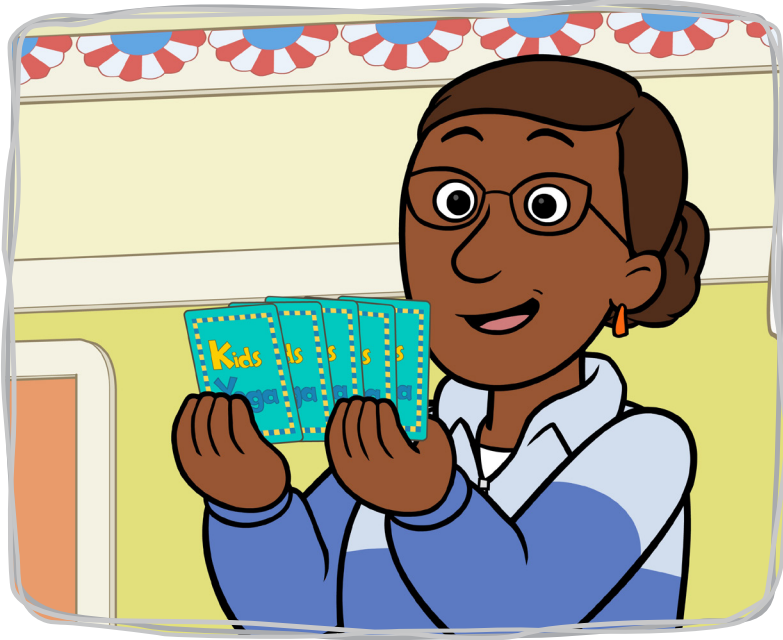
“First, we need to warm up our bodies,” Ms. Folani said. “Reach your arms up to the sky like you’re grabbing for clouds!”



Bobby saw Ethan reaching high. He tried to reach higher. “Ouch! That hurts,” he said.

“Now swing your arms from side to side. Like a washing machine.” Ms. Folani showed them.

Izzie was swinging her arms fast. Bobby tried to swing faster. Suddenly he toppled



over. “That made me dizzy,” he said.

Ms. Folani had a deck of colorful cards. “These are yoga cards. You each pick one. Then you show us the pose on your card.”

Jason picked first. He looked at his card and sat on his mat. He lifted up his hips. “I’m a crab.” He walked backward on his hands and feet. “Hey, this is fun!”



Bobby tried the crab walk. It was fun! “I wish we could race though,” he thought.

Nina giggled at her card. Then she got down on the ground. She put her feet together and wrapped her arms around her legs. Next, she tucked her head between her feet. “I’m a turtle!” she called from inside her shell.



Bobby grunted. He couldn't get his head between his feet.

Izzie squealed when she saw her card. "I know this one!" She dropped onto her hands and knees. Then she lifted her back to the sky. "Meow," she called. "I'm a cat."

"Easy!" Ethan looked at his card. He put his hands and feet on the floor.



He made a triangle shape with his body. "Downward dog! Woof! Woof!"

"I love everyone's sound effects!" Ms. Folani said.

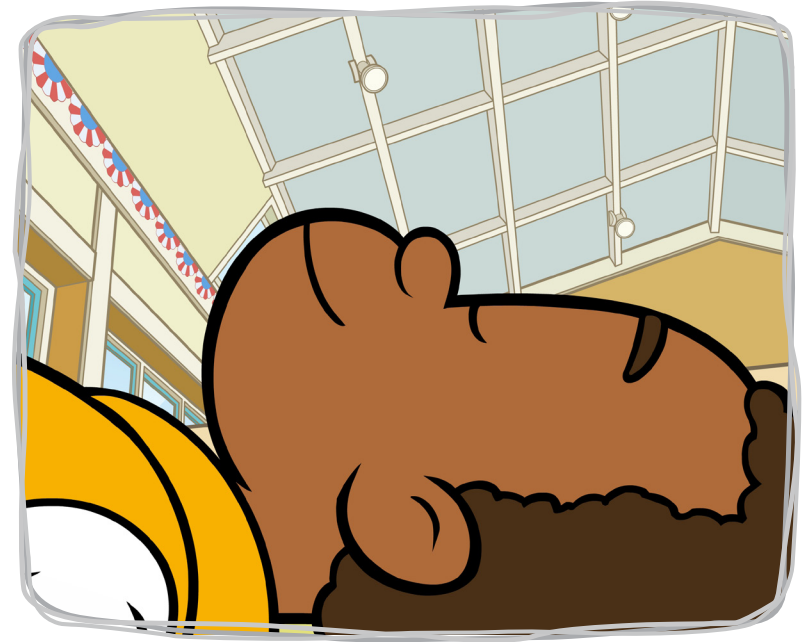
Bobby was next. His pose looked hard. He took a deep breath. He stepped his right foot forward. Then he stepped his left foot back and dropped to his knee. He



reached his arms high and . . . stuck out his tongue. “Rawr!” He pretended to let out a fiery dragon’s breath.

“I’ve always wanted a room full of dragons!” Miss Shelly said. Everyone laughed.

“Now we all lie down and rest,” Ms. Folani said.

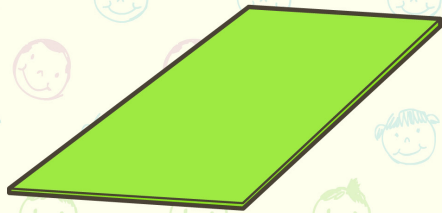


Bobby smiled as he closed his eyes. Yoga wasn’t that bad. Maybe he would even ask Ms. Folani if he could borrow those cards.

Things You'll Need



yoga cards (optional)



a yoga mat (optional)

Do It Yourself

